



Screening for “Nutritional Risk”

DETERMINE Your Nutrition Risk

- D**isease
- E**ating Poorly
- T**ooth Loss/Mouth Pain
- E**conomic Hardship
- R**educed Social Contact
- M**ultiple Medications
- I**nvolutionary Weight Loss/Gain
- N**eeds Assistance in Self Care
- E**lder years Above 80

In 1993, the DETERMINE Your Nutritional Health Checklist (NSI checklist) was developed as part of the US Nutrition Screening Initiative, a collaborative effort between the Academy of Nutrition and Dietetics, the Academy of Family Physicians and the National Council on Aging.

Although not a validated tool for identifying those with malnutrition or food insecurity, the information is helpful for identifying potential nutritional issues.

The **DETERMINE** Checklist is incorporated into the
SC Department on Aging Client Assessment process



South Carolina
**DEPARTMENT
ON AGING**

DETERMINE Your Nutritional Risk

Circle each that applies to you	Yes
1. I have an illness or condition that made me change the kind and/or amount of food I eat.	2 points
2. I eat fewer than 2 meals per day.	3 points
3. I eat few fruits or vegetables, or milk products.	2 points
4. I have 3 or more drinks of beer, liquor, or wine almost every day.	2 points
5. I have tooth or mouth problems that make it hard for me to eat.	2 points
6. I don't always have enough money to buy the food I need.	4 points
7. I eat alone most of the time.	1 point
8. I take 3 or more different prescribed or over-the-counter drugs a day.	1 point
9. Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2 points
10. I am not always physically able to shop, cook, and/or feed myself	2 points
Total Score	6

What your score means:

- ❖ **0-2: Good!** You are not currently at risk. Recheck your nutritional score in 6 months.
- ❖ **3-5:** You are at **moderate** nutritional risk. Work on improving your nutritional habits and lifestyle. Recheck your nutritional score in 3 months.
- ❖ **6 or more:** You are at **high** nutritional risk. Take this checklist with you to your next doctor's appointment. Talk with them about any problems that you may have.

OAAPS

The Administration for Community Living collects information and reports on the performance of Older Americans Act programs through several data collection systems.

The 10 DETERMINE questions are a federal reporting requirement.

As of October 1, 2021, data for the nutrition programs, as well as other OAA programs, will be collected through the Older Americans Act Performance System (OAAPS).

DETERMINE Handout

The 4 page informational handout can be provided to clients for their own self-assessment of nutritional risk. Besides scoring information, clients can learn about why the questions are asked and are given useful tips to improve their nutrition score.